

## Hard work earns local student top honors

By Alexandra Williams

284th Base Support Battalion Public Affairs Office

Brittany McCallum of Giessen Middle-High School is a role model for her peers.

Hard work and determination earned the 11th-grader, who used to be an average student, top honors. She was selected for the National Honor Roll, the Presidential Classroom and was featured in the latest edition of "Who's Who Among America's High School Students."

McCallum's march to success began when she was selected for the Advancement Via Individual Determination program. In Giessen this special program is offered to a small group of academically average students whose test scores fall in the median percentile.

Through the program students are placed in advanced classes holding them accountable to the highest standards. With determination and hard work they can fulfill their drive for college eligibility, and when scores are high enough they even receive college credit. Classes include Advanced Placement history, AP language and Algebra II; not all of them are necessarily classes of McCallum's choice.

"Some classes are easy and some are a challenge. Advanced Placement history is the hardest class this year. Chemistry is my favorite class," she said.

In her free time the popular student is engaged in school

and community activities. She works at the commissary and as a babysitter. She's a cheerleader and plays softball.

Combining school and leisure time activities is not a problem, McCallum said. "I always have time to study. I am glad I was given the chance to improve my scores and to be able to go to college. That's something I really want to do, and I am willing to work hard," she said.

Her dedication for advancement earned her the respect of others.

"Brittany is very involved in school activities," said her teacher, Myra Seitz. "She is a hard worker and a popular student. She spends every bit of her time working. I know that sometimes it's a struggle for her, but she continues; she does not give up.

"Because of her average grades Brittany was the perfect student for the AVID program and she proved that she could do it. I am very proud of her. She always has a smile on her face, and when she has a bad day she'll tell you and just works harder," Seitz said.

"My parents are very proud of me. Some of my friends are teasing me and call me a nerd, but they are only joking," said McCallum. "I try to encourage them to try it too.

"I was surprised when I received the notification for the awards. It feels good. It makes you feel appreciated, and finally all the hard work's paying off."

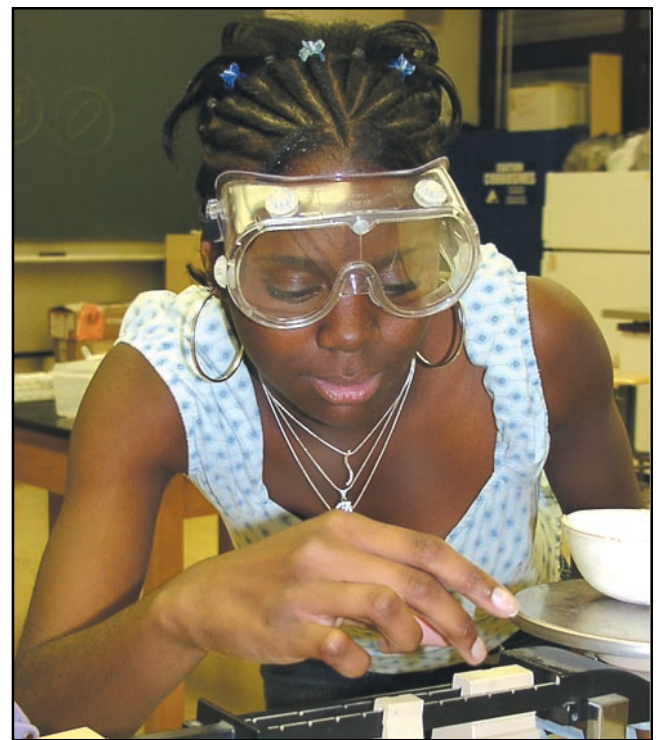


Photo by Alexandra Williams

Chemistry is Brittany McCallum's favorite class this year.



Photos by Alexandra Williams

Col. Peter R. Mansoor, 1st Brigade commander, and Command Sgt. Maj. Raymond Houston salute as Taps is played during a Veterans Day memorial dedication Nov. 10 on the parade field on Ray Barracks in Friedberg. Photo left: 1st Armored Division Engineer Brigade commander, Col. Lou Marrich (left), and Command Sgt. Maj. Ioakimo Falaniko bear a wreath to the flagpole on the Giessen Depot during the Veterans Day ceremony Nov. 11.

## Brigades pay tribute to veterans, fallen Soldiers

By Alexandra Williams

284th Base Support Battalion Public Affairs Office

Veterans Day has taken on a special meaning for the young men and women serving in the 1st Brigade, 1st Armored Division, who recently returned from a 15-month deployment to Iraq.

Fighting for the freedom of the Iraqi people 24 Soldiers of the Ready First Combat Team gave their lives and many others were wounded. Honoring those who served and

are still serving their country, and to pay tribute to those who made the ultimate sacrifice, the 1st Brigade RFCT in Friedberg and the 1st AD Engineer Brigade in Giessen conducted Veterans Day wreath-laying ceremonies during which the large American flag along with the POW/MIA were flown.

The RFCT in Friedberg conducted their ceremony Nov. 10 and included a memorial dedication for the fallen RFCT Soldiers.

"Our gathering this year is made more significant by the 24 deaths the Ready

First Combat Team sustained during 15 months of combat in support of Operation Freedom," said 1st Brigade commander, Col. Peter R. Mansoor. "We have dedicated this memorial today as a fitting tribute to those who gave their lives for the security of the United States and its allies in support of the freedom of a new and democratic Iraq and for the well-being of their fellow Soldiers.

"These Soldiers did not select the time

See Tribute on page 17

## ACS highlights

Giessen Army Community Service hosts a **women's crafts and support group meeting** Nov. 30 from 10 a.m. to noon in Building 3 on the Giessen Depot.

Friedberg ACS hosts a **Coffee Break** Nov. 30 from 10-11:30 a.m. Everybody is invited to come to ACS to share holiday crafts and recipes, meet new friends and learn details about community resources.

A **Holiday Open House** will be held Dec. 15 from 9 a.m. to 3 p.m. at Friedberg ACS. Join the staff for some holiday treats, coffee, tea and juice. Children are welcome.

Bad Nauheim Outreach Center hosts a **Holiday Party** Dec. 10 from 1-3 p.m. Community members are invited. Bring your favorite dish.

A **Soup's On luncheon** takes place Dec. 16 at Giessen ACS. This free lunch is open to all and participants can bring their favorite dish or family recipe.

Butzbach Outreach Center hosts a **Good Morning Coffee and Tea Time** every Monday to Friday from 8-10 a.m.

**Sponsorship training** for Soldiers, family members and Department of Defense civilians will be hosted Dec. 3 at 10 a.m. in Giessen.

Learn how to help new arriving personnel.

Parenting classes are offered on request in Giessen, Butzbach, Bad Nauheim and Friedberg. The classes offer information on communication, motivation, discipline and sibling rivalry.

Call mil 343-7421 to make arrangements for a class or to make reservations. For details on other ACS programs call Giessen ACS at mil 343-7618, Friedberg ACS at mil 324-3465 or the Butzbach Outreach Center at mil 324-3566.



# 284th BSB – Friedberg, Giessen

## Tribute . . . . .

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and place of their deaths, but they did choose to live and fight alongside their comrades in defense of American values and freedom from the scourge of Islamist terrorists," said Mansoor.

"Each of them embodied all that is good and noble in the American spirit: compassion, generosity, strength of spirit and, most of all, courage," he said.

"They died in a land far away from their homes and now lay buried alongside comrades who gave the last full measure of devotion in previous wars in other places. This is the price of freedom," Mansoor said.

"I found that to honor our fallen comrades we should not only mourn their passing, but at the same time celebrate the lives that they lived,"

said Pfc. Joshua Burubeltz of the 1st Battalion, 37th Armor. "These are lives that we will forever remember."

Burubeltz represented the enlisted Soldiers during the ceremony.

"Veterans Day is much more than a ceremony, it's much more than a day off from our jobs. Veterans Day is a reminder of what our mission has always been and the selfless sacrifices that are required of us to complete that mission: guarding freedom at all cost.

"We should all be proud of our country, our military, our flag and most of all every Soldier that sacrifices him or herself daily to uphold our common belief in democracy, freedom and equality. We should value every day as though it is our last," Burubeltz said.



Photo by Alexandra Williams

### Masonic lodge lends helping hand

Sgt. James Else (left of center) of 2nd Battalion, 3rd Field Artillery, and a member of Kirch-Göns Military Lodge No. 32, hands Giessen Middle-High School cheerleading coach Angela Hampton a check for \$1,400 while members of the lodge, the school's cheerleading team and principal Dr. Alan Davenport look on. "We donated the money to lend a helping hand. The school had not enough money to buy uniforms for the cheerleaders," said lodge secretary Troy Lopez.

## Entertainmentupdate

### Upcoming trips with Outdoor Recreation

Outdoor Recreation has scheduled trips to **Christmas markets in either Dresden or Trier** Dec. 4. The cost is \$20 for adults, \$10 for children age 4-13 and \$5 for children up to age 3. An **overnight ski trip to Garmisch** takes place Dec. 13. The cost is \$139 for adults, \$79 for children age 4-13 and \$49 for children up to age 3. The **Christmas market in Rothenburg** is scheduled for Dec. 13 and **Nürnberg** Dec. 20. Both trips cost \$20 for adults, \$10 for children age 4-13 and \$5 for children up to age 3. For more information call mil 343-8202.

### Friedberg bowling update

The Friedberg Spare Time Lanes Bowling Center hosts **Uniform Bowling** Monday to Friday from 11 a.m. to 1:30 p.m. Bowlers in uniform pay 75 cents per game. **Ham Bowl** takes place Dec. 1-23. Bowl three strikes in a row and receive a ham for Christmas. The cost is \$8 entry plus lane fees. **Birthday Bowling** takes place every day. Patrons bowl free all day on their birthday. **Quiz nights** are hosted every Thursday. Test your knowledge and win prizes from T-shirts to tours. Quarter Bouncers are featured

daily. Play three 45-second rounds and win a T-shirt, hat or duffel bag. Contestants can win an MP3 or CD player in a monthly tournament. For more information call mil 324-3270.

### 'Little Women' at Keller Theater

Giessen's Keller Theater presents "Little Women," by Louisa May Alcott, Dec. 3-4, 9-11 and 16-18 starting at 7 p.m. To reserve tickets call the box office Wednesday through Friday from 4:30-8 p.m. at mil 343-6515.

### Art express

Friedberg Arts and Crafts hosts an Art Express class starting Dec. 2. Learn to paint with acrylics. The class offers a chance for beginners to learn how to unleash their creative talent. The class is taught by local artist Rebecca Tranter. For details call Eric Danzeiser at mil 324-3266.

### Line dance group meeting

The German country and western line dancing group, the Rattlesnakes, meets every Wednesday at 8 p.m. at the 'Ossenheimer Treff' in Friedberg-Ossenheim. Anyone interested in joining the group is welcome to attend the weekly get-together. The members of the group speak English. For more information call Uschi Schmitt at civ (06109) 23139 or Nany Schöps at civ (06031) 772 728 or go to [www.dancingrattlesnakes.de](http://www.dancingrattlesnakes.de).

# 284th BSB — Friedberg, Giessen

## Community spotlight

### Job opening

Choctaw Management Services Enterprise seeks a part-time home visitor for the 284th Base Support Battalion's Army Community Service New Parent Education and Support Program. Social workers with a master's degree or nurses with a bachelor's degree in nursing science and experience beyond graduation in working with expectant mothers, new parents, families, infants and children are preferred. Applicants must be willing to travel throughout the 284th BSB. Email a resume, cover letter and copy of applicable licenses to [Sara.Milbourne@image.army.mil](mailto:Sara.Milbourne@image.army.mil) or call mil 370-7840, civ (06221) 57-7840.

### FCC providers sought

Do you enjoy working with children? Want to make money while working at home? Family Child Care providers are sought for all communities in the 284th Base Support Battalion. For information call mil 343-7626 or civ (0641) 402-7626.

### Outprocessing briefing

The next PCS/ETS outprocessing briefing takes place Dec. 14 from 10 a.m. to 3 p.m. at the ITC classroom in Building 4 on the Giessen Depot. Spouses are encouraged to attend. For details call mil 343-8077.

### Job assistance workshop

The Army Career and Alumni Program has scheduled a job assistance workshop for Dec. 7-8. Participants receive an overview of the entire job search process including self-assessment, planning, research, resume and cover letter writing, job search strategies, networking, interviewing, evaluating, negotiating job offers and success in the civilian workplace. The workshop is a prerequisite for further job search assistance. For details call Claire Sowinski at mil 343-9332.

### Commissary hours

Starting Nov. 28 the Giessen Commissary will be closed every Wednesday and the Bad Nauheim Commissary will be closed every Sunday.

### APO holiday hours

The Army postal offices in Giessen and Friedberg are now open Monday, Tuesday, Wednesday and Friday from 9 a.m. to 4 p.m.; Thursday from 11 a.m. to 6 p.m. and Saturday from 10 a.m. to 2 p.m. These hours are effective through Dec. 23. Both offices will be closed Dec. 24, 25, 31, Jan. 1 and 15. If you plan on mailing more than five packages at one time call the APO to make arrangements for assistance. The Friedberg APO can be reached at mil 324-3292 and the Giessen APO can be reached at mil 343-8374.

### Hometown holiday greetings

Soldiers and their families can send free holiday greetings to their families through their hometown newspapers. Forms can be filled out and sent online at <http://hn.afnews.af.mil>. The deadline for the program is Dec. 5. For details call mil 343-1600.

### Angel trees

The 284th Base Support Battalion Chaplains Office features Angel Trees through Dec. 15. The community is encouraged to support the program and make it a special Christmas for children. Trees are located throughout the community. Pick the name of a child. Age and gender - appropriate wrapped gifts may be dropped off in one of the collection boxes or at an Army Community Service office. Monetary donations are accepted at the Chaplains Office. For more information call ACS in



Photo by Alexandra Williams

### Patrolman of the month

**SPC Adam P. Donahue of the 527th Military Police Company in Giessen was recently nominated as 284th Base Support Battalion Military Patrolman of the Month. Donahue was selected for the recognition for apprehending four drunken drivers on local roadways in six days. Congratulations from the 284th BSB Provost Marshal's Office for a job well done.**

Giessen at mil 343-7618 or the Chaplains Office at mil 343-8020.

### AFAP issues sought

Community members are encouraged to participate in the Army Family Action Plan. AFAP provides Soldiers and families a chance to let leaders know what is working, what needs to be improved and how to fix problems to improve quality of life. Suggestions may be written on suggestion forms and dropped off at drop boxes located at every Army Community Service office, post exchanges, shoppettes and commissaries in the 284th Base Support Battalion. For information call ACS in Giessen at mil 343-7618 or in Friedberg at mil 324-3465.

### Auto Skills Shops offer brake service classes

Throughout November the Giessen and Friedberg Auto Skills Shops host brake service classes for \$15 plus bay fees. The class covers inspection and service of disc brakes. Appointments are required. For details call the shop in Giessen at mil 343-7050 or in Friedberg at mil 324-3218.

### Fine arts exhibition

The 284th Base Support Battalion will host an art exhibit Dec. 18. Young artists age 11-18 are encouraged to enter their artwork. Monochromatic and multicolored drawings, pastel, watercolor, oil or acrylic paintings, prints, mixed media, collage, sculpture and graphic arts are welcome. Work must have been completed within the past year and be original. Artists may enter in all categories,

but will be limited to one piece per category. Submissions may not exceed 30 by 40 inches in size and must not be signed. For details call Edgardo Rosales at civ (0641) 402-6129 or (06033) 73048.

### Personal trainer certification

Giessen's Miller Hall Fitness Center hosts an Aerobics and Fitness Association of America personal trainer certification course Feb. 18-20 from 9 a.m. to 6 p.m. Cost is \$321.75 including the certificate or \$183.75 for CEU credits only. Registration deadline is Jan. 21. For more information call mil 343-7201/8206.

### CIF closed Nov. 25

The Central Issue Facility on the Giessen Depot will be closed Nov. 25. For details call mil 343-8031.

### Security Office closed

The 284th Base Support Battalion Security Office will be closed Dec. 20-29. For assistance and fingerprinting appointments during those periods call mil 343-7051/7031.

### Illegal and unsafe to idle car to warm up

Leaving automobiles idling to defrost or warm up is against host nation law. Offenders can be fined. The same applies to running errands. Remember it only takes a thief seconds to jump in your car and drive off.

### Nasatka barriers

In the very near future 284th Base Support Battalion residents will notice new barriers at selected access control points within the community. "In our neverending effort to protect our communities from the bad guys we plan on emplacing Nasatka barriers," said an official. "These barriers will be placed at selected locations to protect our total force from a potential vehicle-borne Improvised Explosive Device. The barriers have been fielded at various Army and Department of Defense locations and will be utilized in the 284th BSB. Residents should know that these barriers are made of solid steel, and if challenged, the barrier will win."

Motorists and pedestrians are advised to:

- ✦ Cross the barrier with their wheels as straight as possible.
- ✦ Cross very slowly — remember speed limits at the gates are 5 mph.
- ✦ When operating a vehicle that has a lower clearance, drive over them more slowly.
- ✦ If walking onto the installation do not walk over these barriers.

Be patient as there is much work involved with the installation of these barriers. As always when approaching an entry point, be alert, drive slowly and follow the instructions of the guards.

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### Bulk trash pickup

The next bulk trash pickup date for all housing areas in the 284th Base Support Battalion is Dec. 3. Do not place bulk items outside until the evening before the pickup date. Call Monica Nelson at mil 343-7161.

## Chaplains lead marriage enrichment retreats

Chaplains from the 284th Base Support Battalion in Giessen and Friedberg continue to conduct marriage enrichment training this fall for Soldiers and their spouses.

More than 50 couples from the 1st Armored Division's Ready First Combat Team have participated in the Building Strong and Ready Families initiative of the chief of chaplains and the Army Chaplains Family Life Center.

Soldiers from 2-37th Armor, 1-36th Infantry and 501st Forward Support Battalion have participated in the program. The remainder of 1st Brigade units will conduct their events through December.

The program is not a "group-hug" support group where couples bring their problems to share. Rather, couples receive lessons in facilitating better communication

and conflict resolution techniques in the course of the encounter, officials said.

The Army's program essentially embodies the Marriage Prevention and Enhancement Program developed by Dr. Scott Stanley and associates after a decade-long study sponsored by the University of Denver. Couples are given tools they can practice and use on their own, officials said.

Chaplains help coach participants to help get the process going. Their input also steers couples away from falling back into their old habits and communication styles.

The program is being sponsored by the 104th Area Support Group and enables couples to attend, at no cost, a two-day training event at the Sauerland-Stern Hotel Willingen. For details call your unit chaplain.

## Make it a fire safe holiday season

By Achim Nicolai

284th Base Support Battalion fire department

Many families cook a traditional turkey dinner for Thanksgiving or Christmas.

Safety officials advise that cooks use some basic commonsense tips to ensure the holiday is a safe season.

Start holiday cooking with a clean stove. Remove any buildup of grease that may be on the surface of the appliance. When cooking, use the back burners whenever possible, and keep pot handles turned in so they don't extend over the stove where they can be easily bumped.

With the increased use of turkey fryers, be sure to use them outdoors and away from combustible material. Place the fryer on a flat, stable surface and do not overfill the unit with cooking oil. Do not move the fryer once it has

been started, and only place turkeys that are completely thawed in them.

Keep children away from the cooking unit and use a thermometer to gauge food temperature. Make sure that oil is completely cool before removing it from the fryer, and never attempt to use water to extinguish or cool hot oil.

U.S. Consumer Product Safety Commission reports that many fires and burns result from using turkey fryers. Most incidents occurred while the oil was being heated, before the turkey was added. For this reason it is very important that consumers monitor the temperature of the oil closely. If smoke results from heating a pot of oil, the burner should be turned off immediately because the oil is overheated.

Injury can also result when oil is splashed

when cooking partially frozen meats. Thoroughly thaw and dry all meats before cooking in hot oil. One reported burn incident occurred when partially frozen chicken wings were added to hot oil in a turkey fryer.

### Turkey fryer safety

Make sure there are at least two feet of space between the liquid propane tank and fryer burner. Place the liquid propane gas tank and fryer so that any wind blows the heat of the fryer away from the gas tank. Center the pot over the burner on the cooker.

Keep fryer in full view while burner is on. Place fryer in an open area away from all walls, fences or other structures. Never use in, on or under a balcony, garage, breezeway, carport, porch or any structure that can catch fire. Raise and lower food slowly to reduce splatter and avoid burns. Cover

bare skin when adding or removing food. Check the oil temperature frequently. If oil begins to smoke, immediately turn gas supply off. Completely thaw and dry turkey before cooking (24 hours for every four to five pounds). Partially frozen and/or wet turkeys can produce excessive hot oil splatter when added to the oil.

Follow the manufacturer's instructions to determine the proper amount of oil to add. If those are not available: Place turkey in pot. Fill with water until the turkey is covered by about half an inch of water. Remove and dry turkey. Mark water level. Dump water, dry the pot, and fill with oil to the marked level.

If a fire occurs, immediately call the fire department. Do not attempt to extinguish a fire with water. The emergency number is mil 117 or civ (0641) 42676.

## Customs shopping guide for the holidays

By Robert Szostek

U.S. Army Europe Provost Marshal's Office

Some people have a way of buying the wrong gifts. While this is usually a matter of taste, many items available in Europe that may seem like appropriate Christmas presents

violate U.S. Customs rules. Some products are banned from the United States and others may be carried in baggage but not mailed. Violations of customs, agriculture or postal regulations can lead to hefty fines and confiscation of the goods.

Meat and meat products are the

biggest problem. "European delicacies such as French pate, German Wurst, Spanish chorizo salami and Italian Parma ham are here for the buying and much sought-after in the States," said William Manning, Department of Agriculture attache to the U.S. European Command. "Unfortunately they can also carry the spores of foot-and-mouth disease, a virulent livestock ailment eradicated in the United States."

These products are therefore banned, as are canned meats and even soup mixes containing meat. Fresh fruits and vegetables are also prohibited because they could harbor pests such as the Mediterranean fruit fly.

The threat to U.S. agriculture is so great that Customs and Border Protection fine people who mail or take banned foods to the States at least \$100 and up to \$250 as a deterrent. Criminal action for deliberate cases of smuggling can end in a \$5,000 fine and a year in jail.

Europe boasts many fine wines and spirits, and one can even buy liquor-filled candies that make original Christmas gifts. Unfortunately the U.S. Postal Service bans all liquor from being mailed, even if it is inside a piece of candy.

Customs allows travelers over 21 years of age to import one liter of duty-free liquor. If you plan on taking more than one liter of beer or wine stateside as gifts, the federal taxes and duties are currently low enough to make it worthwhile. However, state laws must also be met which can add to the cost. Taxes on distilled spirits such as Scotch whiskey are generally considered high.

Cuban rum and cigars are also

available in Europe, but prohibited from import stateside by economic sanctions.

Wildlife products also present problems. Buying ivory as a gift is a bad idea, said customs officials. "Only ivory pieces previously registered with CBP may be imported," said Michael Burkert, director of the European Command's Customs and Border Clearance Agency. Whale teeth carvings known as netsuke or scrimshaw are also prohibited from import. When buying furs, shoppers should insist on a certificate of origin stating the animal's scientific name to avoid buying prohibited endangered species products. The movement of caviar is also restricted, and travelers are allowed to have only 250 grams of these endangered sturgeon eggs with them when they cross international boundaries.

Many European countries have a tradition of making nativity scenes that Americans love to buy. However, the natural products used to make them are often banned from import to the United States because of the agricultural pests that could be nested in them. Shoppers should realize they can be fined \$100 and more if they mail scenes that contain moss, bark, pinecones, untreated straw or other materials



Photo by Mary Ann Ernst

**Sending wine from Europe to the United States is banned by the U.S. Postal Service. To avoid violating customs regulations visit your local customs office.**

found to contain insects. Agriculture officials say nativity scenes that are produced using stripped wood, plastic or commercially cleaned and lacquered straw are good to go.

Another purchase to avoid is the oriental water pipe. Known as hookahs, chillums or bongs, these pipes may look cute on a mantelpiece, but the CBP sees them as drug paraphernalia and they are not allowed to be imported.

Military Customs offices can offer more advice on these and other holiday mail questions. They have many informative pamphlets from CBP and the Department of Agriculture. Visit [www.customs.gov/xp/cgov/travel](http://www.customs.gov/xp/cgov/travel).



# 414th BSB – Büdingen, Hanau

## Community notes . . . Community notes

### Adopt an Angel Program

Army Community Service sponsors the 2004 Adopt an Angel Program to help brighten the holidays for needy families. On Nov. 26 the Adopt an Angel Christmas Tree will be set up inside the post exchange at the Wolfgang Shopping Center. Angel cards will list the first name, gender, age, clothing size and requested gifts, along with an administrative number that will protect the family's privacy. People who want to sponsor a child can pick an angel card from the tree, purchase the requested gift(s), and bring the unwrapped presents, along with the angel card, to Hanau ACS, Building 9, Room 105, by Dec. 13. Families will be selected for the Adopt an Angel Program through unit referrals. Participating children must be dependents under age 17. For more information call mil 322-8963/8965 or civ (06181) 88-8963/8965.

### ACAP briefings, job assistance workshops

Public Law 107-103 requires Soldiers to attend a pre-separation briefing no later than 90 days before separation date. Soldiers are encouraged to begin as early as one year before ETS or two years before retirement. Spouses are encouraged to attend as well. Orders are not required to attend. The next workshops have been scheduled for Nov. 23-24 and Dec. 14-15. Since the sessions fill up quickly, early reservation is recommended. Call mil 322-8356 or civ (06181) 88-8356 for information and sign-up.

### Credit union payday hours

The Hanau and Wiesbaden branches of Andrews Federal Credit Union will be open the Saturday following the first and 15th day of each month from 9 a.m. to 1 p.m. starting in December.

### Kid's Korner activities

Kid's Korner bingo will be held Dec. 2 and 17. On Dec. 4 children have the chance to get their photos taken with Santa from 2-4 p.m. The Kid's Korner is open Wednesday to Friday from 3-8 p.m., Saturday and Sunday from 10 a.m. to 8 p.m. Call mil 322-9013 or civ (06181) 88-9013 for more information.

### Monthly praise fest

The Fliegerhorst Contemporary Service hosts a community praise fest Dec. 5 at 7 p.m. at the Fliegerhorst Chapel. The monthly praise fest is usually held the first Sunday of the month. It is an interdenominational event featuring contemporary style Christian music. The entire community is invited to come out and enjoy a community worship experience in song. Child watch is provided for children up to age 3. Call Chaplain (Maj.) Arley Longworth at mil 322-9609 or civ (06181) 88-9609 for details.

### Travel benefits for students in U.S.

Parents whose children are attending colleges in the United States may take advantage of benefits offered through the following Internet link: <https://www.students-travel.hqusaureur.army.mil>. Parents need to fill out a form and fax a letter confirming the child is a full-time college student. Parents will then receive orders entitling them to ship 350 pounds of unaccompanied baggage to their child in the continental United States. The child will be eligible for one round-trip ticket per fiscal year to visit parents. If the child should decide to stay for the summer, the orders will also cover the storage of his or her household items.

### Language instructor sought

A part-time bicultural instructor to teach English as a Second Language is sought by Army Community Service. Applicants should have a bachelor's degree, ability to speak English clearly, be able to interact well with others, be familiar with referral sources available throughout the community and be able to teach weekly. Submit resume, including DEROS date and references to Employment Readiness Manager, ACS, Building 9, Pioneer Kaserne or call mil 322-9191, civ (06181) 88-9191 for more information.

### Tree lighting ceremonies

The 16th Corps Support Group will hold a tree lighting ceremony Nov. 30 at 5:30 p.m. in front of the Touch of Home Cafe Dining Facility on Hutier Kaserne. Santa Claus will be there along with the Hanau Middle School Band, Cub Scouts singing carols, free chili and Glühwein. Call mil 323-3208 or civ

(06181) 180-3208.

**Büdingen's Armstrong Barracks** will feature a Christmas tree lighting ceremony Dec. 3 at 6 p.m. with Christmas songs by the Büdingen fire brigade band. The 1-1st Cavalry commander and Büdingen mayor will speak and jointly light the tree. Santa Claus will hand out goodie bags to the children. Following the ceremony a small reception will be held in Building 2214.

**Hanau** holds a tree lighting Dec. 10 at 4:30 p.m. at the flag pole on the Pioneer Kaserne parade field. The Hanau Middle School Band will play holiday music and Santa Claus will light the tree and hand out goodie bags. After the tree lighting guests can indulge in holiday shopping at the **Christmas Bazaar** inside the Pioneer Fitness Center. It will feature unique gifts and crafts from vendors across Europe. The Christmas Bazaar will be open Dec. 10 from noon to 6 p.m., Dec. 11 from 10 a.m. to 5 p.m. and Dec. 12 from 10 a.m. to 3 p.m.

The **4th Aviation Brigade** holds a tree lighting Dec. 13 at 4 p.m. in front of the shoppette and Community Mail Room. There will be holiday music, and Santa Claus will stop by to light the tree.

### Catholic holiday schedule

Fliegerhorst Chapel will host the following Catholic services throughout the holiday season: Nov. 25 at 9 a.m. **Thanksgiving Mass**, Dec. 8 at 5 p.m. **Parish Reconciliation Service**, Dec. 8 at 6:30 p.m. **Mass**, Dec. 24 at 3 p.m. **Children's Christmas Eve Mass**, Dec. 24 at 11:30 p.m. **Christmas Caroling**, Dec. 24 at midnight **Christmas Midnight Mass**, Dec. 25 at 12:45 p.m. **Christmas Bilingual Mass**

### ACS classes and programs

A two-part series on **Anger Management** will take place Dec. 6 and 13 from 1:30-3:30 p.m. A class on **Stress Management** will be held Dec. 7 and 14 from 1:30-3:30 p.m. A class on **Couples Communication/Conflict Resolution** will be held Dec. 8 and 15 from 1:30-3:30 p.m. **Sponsorship Training** is offered every first and third Friday of the month from 10-11 a.m. and a class called **Ready, Get Set, Move** is held every fourth Tuesday from 9-11:30 a.m. All classes are held at the Army Community Service Conference Room, Building 9, on Pioneer Kaserne. A **Kaserne Kruise** drive-around orientation to the Hanau area installations and services is offered every second Tuesday. For more information call ACS at mil 322-8965/8963 or civ (06181) 88-8965/8963.

### Red Ribbon winners

Argonner Elementary School celebrated its Red Ribbon Week events with an awards ceremony Nov. 22. Winners of the "Say No To Drugs" essay contest and walkathon were awarded prizes. This year's Parent Teacher Association walkathon raised \$7,037.54 for the school. Briane Miller was the grand prize winner of the walkathon raising some \$700. During the ceremony students read their essays and the band Jason and the Wildcats performed drug abuse awareness songs.

### Professional development classes

Army Community Service offers an **Employment Orientation** Nov. 23 and 30; Dec. 7, 14, 21 and 28. A **Dress for Success** seminar will be held Dec. 8. An **Interview Techniques** seminar will be held Dec. 9 and a **Resume Workshop** Dec. 15. All classes take place from 10-11:30 a.m. in Building 9, Room 104 on Pioneer Kaserne. Call mil 322-9191 or civ (06181) 88-9191 for more information. ACS has 13 computers available for you to create your resume and search the Internet for vacancies. All computers are equipped with Internet access, Word, Excel and PowerPoint. Visit ACS on

*Continued on page 21*

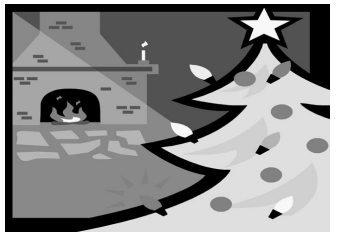


Photo by Staff Sgt. Patrick Tyler

### Preventing illegal turns, accidents

Carter T. Boggess, 414th Base Support Battalion safety manager, looks on as workers paint double white lines outside the front gate of Hanau's Pioneer Kaserne. The lines indicate where it is illegal by law to turn. People attempting to make the illegal turn will be assessed five traffic points on their licenses. Safety officials, in coordination with the Hanau Ordnungsamt, Directorate of Public Works and Provost Marshal's Office, joined forces to try to prevent accidents.



# 414th BSB – Büdingen, Hanau

## Program helps pregnant Soldiers stay in shape

### Working out with 16th Corps Support Group

Pregnancy is a time of many changes — both physical and emotional.

A new program initiated by the 16th Corps Support Group is aimed at helping pregnant Soldiers stay in shape. The Pregnancy/Postpartum Physical Training Program consists of warm-ups, strength and flexibility exercises, aerobic conditioning and a cool-down period.

“Now more than ever the things you do to stay healthy and take care of yourself play an important role in how you feel,” said Sgt. 1st Class Nichelle Sanders, Equal Opportunity adviser. “It is a perfect time to begin or continue positive lifestyle habits, such as regular exercise and a healthy diet.

“Maintaining or even beginning a well-rounded fitness program during pregnancy can help prevent or reduce some of the common discomforts resulting from the changes occurring in your body,” said Sanders. “Exercise that strengthens your cardio-respiratory system will help prevent fatigue and give you the

energy to do your daily activities. Exercise can lead to improved muscle tone, strength and coordination which can help you adjust to weight and balance changes. It can also increase your self-esteem and help relieve stress.

“It’s part of the job of every Soldier, including a Soldier who is pregnant or has recently delivered a baby, to be fit, and if necessary, ready to deploy at a moment’s notice,” Sanders said.

The rewards of staying fit, Sanders said, include helping maintain unit readiness and morale, increasing Soldier retention and providing commanders with a structured pregnancy/postpartum program. “Providing safe PT for pregnant Soldiers maintains and improves fitness and assists in the transition to regular unit PT,” Sanders added.

“It’s a great thing that a pregnant woman can participate with the rest of the company,” said Pvt. 2 Brenda Hernandez, 16th Corps Support Group. “I believe it’s a great program.”



Photo by Midori VanBrunt

Sgt. Carlos Sanchez (right) instructs Pvt. 2 Brenda Hernandez (from left), Spc. Mayra Dixon, Staff Sgt. Arthur Washington, Pfc. Lillian Segura and Sgt. 1st Class Nichelle Sanders during a physical training session.

“To sum it up, we want the Soldiers to have fun and stay fit,” Sanders said.

The program is open to all pregnant Soldiers, family members and Department of Defense civilians in

the Hanau community. Formations are held at 6:30 a.m. in front of Building 1103 on Hutier Kaserne.

## Community notes . . . Community notes

### Continued from facing page

Pioneer Kaserne, Building 9, Room 204 weekdays from 9 a.m. to 5 p.m.

### Sunday Football at playhouse

Watch NFL games projected on a colossal television screen, enjoy company, food and drinks every Sunday at the Five Pfennig Playhouse in Building 405 on Old Argonner Kaserne in Hanau. Call mil 322-8031 or civ (06181) 88-8031.

### Native American dancers

The White Eagle Dancers will perform Nov. 26 at 7 p.m. at Büdingen’s Armstrong Barracks, Building 2214, in celebration of Native American Heritage Month. Call Edwin Torres at civ (0174) 6068 442 for more information.

### New Parent Support Program

The Hanau New Parent Support Program offers the opportunity to learn new parenting skills and improve old ones. Topics include infant care, parenting, parenting in the military and much more to meet your family’s needs. Home visits are arranged at your convenience. Contact the New Parent Support Program through Hanau Army Community Service at mil 322-9664 or civ (06181) 88-9664. A play group is held Wednesdays from 10-11 a.m. at the Kid’s Korner. This is an interactive play group that helps improve your child’s social, cognitive and motor skills. Also on Wednesdays a Parent Infant Network and Support group meets from noon to 1 p.m. at the Wolfgang Outreach Center at the Wolfgang Shopping Center. For information call the New Parent Support at mil 322-9664 or civ (06181) 88-9664.

### Büdingen Family Outreach Center

Mondays — **Coupon social with snacks** at 1 p.m.; Tuesdays — **Hearts United group** at 10 a.m.; Wednesdays — **Play Day with Mommies** at 11 a.m.; Thursdays — **Kids Craft Corner** at 1 p.m. The Büdingen Family Outreach Center is in Building 2207 on Armstrong Barracks. Hours are Tuesday

through Thursday, 9 a.m. to 7 p.m. and Friday, 9 a.m. to 5 p.m. Call mil 321-4786 or civ (06042) 80-786 for more information.

### Home visitors sought

Choctaw Management Services seeks a Home Visitor PLUS and one Home Visitor Standard to serve the Hanau, Büdingen, Gelnhausen and Aschaffenburg communities with the New Parent Education and Support Program. Applicants must have a masters in social work or bachelor of science in nursing. Experience beyond graduation working with expectant mothers, new parents, families, infants and children is required. Call Sara Milbourne at mil 370-7840, civ (06221) 57-7840 or email resume and cover letter to [Sara.Milbourne@ima-e.army.mil](mailto:Sara.Milbourne@ima-e.army.mil)

### Thanksgiving service

A Thanksgiving service will be held Nov. 25 from 10:45-11:45 a.m. at the Pioneer Chapel. The entire community is invited. Call Chaplain (Maj.) McClearn at mil 323-3067 or civ (06181) 180-3067.

### Thanksgiving feast at Kennedy’s on Fliegerhorst

The JFK Dining Facility on Fliegerhorst Kaserne will feature a Thanksgiving meal with all the trimmings Nov. 25 from 11 a.m. to 5 p.m. Cost is \$5.40 or \$4.60 for family members of E-4s and below. Call Sgt. 1st Class Jim Henry at mil 322-7752 for more information.

### Families sought to help

The Exceptional Family Member Program seeks families or individuals to give just a little of their time to deserving families. There are care givers in our community who are caring for adult family members who have special needs. These care givers often spend day and night caring for their family members. Respite Care offers these care givers a chance to take a break, run errands or enjoy some quiet time. If you or someone you know would like to participate in a



program that provides relief for these families, contact Jane Montanaro at Army Community Service in Hanau’s Building 9 on Pioneer Kaserne. Call mil 322-9275 or civ (06181) 88-9275. Care is usually paid for, but can be provided on a volunteer basis. If you are seeking respite care for your child with special needs call Carol Green at mil 322-9144 or civ (06181) 88-9144.

### Submit issues of concern

Submit your issues to be considered at the 414th Base Support Battalion’s Army Family Action Plan Conference by Jan. 14. Fill out an issue sheet and mail it to 414th BSB Army Community Service, AFAP Coordinator, Unit 20193 Box 0006, APO AE 09165. Or fill out the issue sheet online by clicking on the AFAP link on the 414th BSB website, [www.hanau.army.mil](http://www.hanau.army.mil). You can also send your concerns by email to [afap.issues@104asg.mwr.army.mil](mailto:afap.issues@104asg.mwr.army.mil). AFAP is an opportunity for Soldiers, family members and Department of Defense civilians to voice their opinions and offer quality of life enhancement suggestions. Call Amy Cuebas at mil 322-8766 or civ (06181) 88-8766.

### Santa suits for rent

The Hanau American Red Cross has Santa suits for rent. Cost is \$35 a day including use of the Santa coat and pants, gloves, hat, beard and wig. Early reservations are recommended to ensure suit is available. For reservations call the Red Cross at mil 322-1760/8205 or civ (06181) 88-1760/8205.

### Awana Kids Club

The Awana Kids Club, a Protestant program sponsored by the 414th Base Support Battalion’s Chaplains Office, meets every Tuesday from 6-7:45 p.m. at Argonner Elementary School on Old Argonner Kaserne. The club is open to children in grades kindergarten to six. Meetings include Scripture memorization, games and fellowship. Call Terri Petrie at civ (06051) 828 655 or Chaplain (Capt.) Xuan Tran at mil 322-7013 for details.



# 414th BSB – Büdingen, Hanau

## Engineers observe German Memorial Day

By Maj. Matt Burton  
130th Engineer Brigade S-1

Germans and Americans gathered to commemorate Volkstrauertag, Germany's Memorial Day, Nov. 14 at Pioneer Kaserne in Hanau.

Members of the 130th Engineer Brigade and Ehemalige Eisenbahn Pionier Kammeradschaft (Former Railroad Engineer Association) along with current and past members of Pioneer Brigade 40, Reservisten-Kammeradschaft Hanau, German 11th Panzer Division, Marine Kammeradschaft, Hanau and German Africa Corps gathered at an obelisk-monument dedicated to German railroad engineers, located in front of the 130th Engineer Brigade Headquarters. The memorial has been standing since 1976. Each year the group gathers to lay a wreath in memory of the soldiers and victims of both world wars.

"We come here every year to honor our comrades by laying a wreath to remember them," said Günter Däche, former vice president of the Former Railroad Engineer Association. "We also honor American Soldiers who have died on their respective fronts."

Col. Thomas W. Kula, 130th Engineer Brigade commander, talked about the commonalities between the two countries.

"Railroad engineers and American engineers have a common link here in Hanau, Pioneer Kaserne. We have a common bond with past and present engineers," Kula said. "Thanks for including us in your wreath-laying ceremony. As we are just days past our Veterans Day, this is a good opportunity for us to remember all of our fallen comrades."

Two other similar monuments commemorating the railroad engineers are located in Berlin and at the German Army Engineer School in Munich.



Photo by Midori VanBrunt

Col. Thomas W. Kula, 130th Engineer Brigade commander, examines the memorial stone dedicated to German railroad engineers on Hanau's Pioneer Kaserne during the observance of German Memorial Day Nov. 14



Photos by Ulrike Raab

### Heavy duty earth movers

Soldiers from Giessen's 16th Engineer Battalion and Baumholder's 40th Engineer Battalion converged on Hanau's Campo Pond Training Area Nov. 1-4. Around 150 Soldiers, many of them new to their units, came to Hanau to work with the Armored Combat Earthmover. Both 1st Armored Division units returned from Iraq this summer after serving as part of Operation Iraqi Freedom for 15 months. Photo above left: Pfc. Jacob Thele of Company C, 16th Engineer Battalion, trains with a Small Earth Excavator. Photo left: Soldiers from Company B, 16th Engineer Battalion, work under an Armored Vehicle Launched Bridge. The bridge folds in half and is transported by a tank chassis. Two bridges are used to allow mechanics to perform repairs under the ACE. Photo above: Sgt. Timothy Mourey, 16th Engineer Battalion, makes some repairs in the field to an ACE.



## Parent-teacher conferences build bonds

### Keep partnerships active at Argonner Elementary School

By David Ruderman  
104th Area Support Group Public Affairs Office

Parents paraded in and out of Hanau's Argonner Elementary School Nov. 8-9 during the year's first round of parent-teacher conferences. Students were out of class while parents sat down to discuss their academic progress with the adults who know them next best in life, their teachers.

"They build bonds," said principal David Trukositz.

Parents and teachers maintain ongoing channels of communication throughout the school year, but the conferences are important milestones tied to the end of the academic quarter and the release of report cards. "This is a more formal form of communication. It's a chance to really sit down and discuss student progress," he said.

"I think it's really helpful, the way it's handled here," said third-grade teacher Rob Skully. "It's required, and I've gotten 100 percent attendance. It's more than a chance to go over report cards. The school does a lot of legwork in getting the word out through newsletters and reports so it's no big surprise."

#### 'On the same page'

"It gets us on the same page for learning, working together as partners for the benefit of the child," said second-grade teacher Brenda Hoff. "Parents can send information to me in a multitude of ways. That tends to be pretty much the norm in this school. I think conferences tend to be this scary thing for parents at first, but then they find we're here to help them and serve the child, and it becomes an easier thing."

Skully sends out parent letters on a regular basis, and parents are in the



Photo by Karl Weisel

Sgt. Elizabeth Moore, 19th Maintenance Company, 5th Battalion, 7th Air Defense Artillery, examines a sample of her daughter Jasmine's writing with second-grade teacher Brenda Hoff.

school on a casual basis to take part in various programs and outings. "This is more of a community school here. Most kids walk to school and the parents can walk. The parents have a real sense of ownership."

Hoff keeps portfolios of each student's work to show parents what their child is doing. The portfolios also help her evaluate each child on his or her own terms rather than by comparison to their peers, she said. She also runs a daily communication folder and puts out a monthly newsletter for parents.

Parental involvement, checking on homework, encouraging children to read, recite and explain at home what they're doing in the classroom, reinforces the learning process, said Hoff, who has been teaching for 20 years, the last six of them at Argonner.

"What teachers are asking parents to do is continue that support, let them follow up on that," said

Trukositz. "Parents are able to provide all the support we need. We have our home-school partnership working on these things in terms of promoting reading comprehension."

While parents help teachers reinforce the learning experience, teachers add a stabilizing and enabling layer of support to each child's individual development as a person.

"What we provide here is consistency in their lives. They know they have a job to do and they know we're here to support them," said Trukositz.

One aspect of this year's conferences that teachers and administrators noticed was the many instances of mothers and fathers attending conferences together. Their joint appearances were in marked contrast to last year when many parents were on duty in Iraq.

"We get quite a few with both

parents. Last year was quite different, but this year we've had a pretty good turnout of both parents," said Trukositz. "In our community we've got very proactive parents. We see a lot more folks stopping by, a lot more fathers having lunch with their kids."

The established lines of communication stay open and active after the report cards and the conferences, said teachers and administrators.

"In this school the kids are pretty well behaved so there's more time to talk about academics. I get to know them very well. By November I can say as the teacher that I can talk about each individual student. I can individualize and get kids on the different levels of books or projects," said Skully.

"For some kids we have almost

daily reports going home," said Trukositz.

"The students honestly do a good job of bringing home papers," said Skully. "I haven't really had a lot of surprises. I don't feel like I'm pulling teeth. I have students all over the ballpark in reading. We have such an emphasis on it, so much of the day dedicated to it."

This year Argonner will introduce Read 180, a reading enrichment program that pushes fourth- and fifth-graders to improve their reading skills beyond their grade level.

"In elementary schools we've got to give these kids a good, solid reading foundation," said Trukositz. "They've got to come out being at least grade-level readers. We try to provide the program for them at all levels."

In addition i-SAFE America online training that introduces youngsters to safe and ethical use of the Internet and online resources will be provided to children at all levels, kindergarten through fifth-grade, beginning in January.

Communication and constant monitoring help educators focus on children's greatest academic needs and make the most of educational opportunities, said Trukositz.

"What we found, and if you look at our school goal it says it, is that for our kids comprehension skills, across the curriculum, are a little weak."

As a consequence teachers are working with children to improve their problem-solving skills, their abilities to summarize, organize and analyze information, he said.

"Even though we are a good school, as a staff we see we can do even better. As a school you always want to strive and push to the next level," he said.

Focus on Argonner  
Elementary School



## School bits

### School closings

Department of Defense Dependents Schools-Europe will close Nov. 25-26 in observance of Thanksgiving. Instruction will resume Nov. 29.

### Kaiserslautern alumni contact

Graduates and other members of the Kaiserslautern American High School community can get in touch with former classmates, participate in reunions, add news updates about themselves and share online nostalgia at the school's alumni website. Point your browser



to [www.kahsalumni.org](http://www.kahsalumni.org).

### Hanau Middle School events

The Hanau Middle School School Advisory Committee will meet Nov. 24 at 3:15 p.m. All are welcome to attend. The Parent Teacher Student Organization will host a **Holiday Mart** Dec. 4 from 9 a.m. to 2 p.m. Crafters who wish to exhibit should call Jane Baer at civ (06181) 906 6019 for information. The school seeks mentors to work one on one with students. Call Ms. Juergens at civ (06181) 906 9727 for details.

### Looking for friends in Hungary

The English class of the high school in Papa, Hungary, a town of about 40,000 in the western part of the country, seeks to establish partnerships and exchanges among its students and those of other high schools,

including American schools in Germany. Most students concentrate on business and language studies. For more information call Ingrid Holmer at civ (06129) 1635, send email to [ingrid.holmer@gmx.de](mailto:ingrid.holmer@gmx.de) or email the English-speaking school director, Tamas Unger, at [ungertamas@mail.jokai-papa.sulinet.hu](mailto:ungertamas@mail.jokai-papa.sulinet.hu).

### Satisfaction Survey online

The Department of Defense Education Activity invites all fourth- through 12th-grade students, their parents, sponsors and teachers to fill out the 2004 Customer Satisfaction Survey to generate feedback on school programs and activities. The anonymous survey, which takes about 20 minutes to complete, is available on the web at [www.dodea.edu](http://www.dodea.edu) through the end of February. Click on "Customer Satisfaction Survey" and make your opinion count.